

CHAPTER I

INTRODUCTION

1.1 Background of The Study

The writer choose this product is because the writer wants to find a substitute ingredient to make pickles, that people can enjoy with the same taste as a real pickles. But the writer also want to make it as convenient as possible by making it as a snack that can be eaten at anytime, instead of preparing it first so it can be eaten.

The main reason why the writer use watermelon white skin as the main ingredient to make the pickles, is because of its texture and able to fermented properly, also the watermelon white skin is easy to slice into any slices so the writer can get many piece of slice to make the pickles. Also watermelon skin is a ingredient that's not usually use to make food.

The white part of the watermelon, or called rind , is no less healthy than the flesh of a watermelon. Various nutritional content that is in the white parts of watermelons can be seen below.

Contains various vitamins, namely vitamin C, B6 and vitamin A one portion of white watermelon, approximately 50-70 grams, contains vitamin C which is able to meet 2 percent of the body's daily vitamin C needs. In addition there are also content of vitamins B6 and A. The content of vitamins in the white part of watermelon is very good for skin health, immunity and nervous system health.

Containing lycopene, Lycopene which is quite a lot in tomatoes, it also appears in the white watermelon. Lycopene is a phytonutrient that can prevent cervical, esophageal and digestive cancer. Also contains liquid and fiber. Just like watermelons, the liquid content in the white parts of watermelon is also high and contains fiber.

The white parts of watermelons contain high levels of anti-inflammatory and antioxidant properties. The section also has a number of benefits, such as preventing blood clots, helping to lower blood pressure, and preventing eye infections because it is rich in vitamin A.

High in fiber and low in calories, making them a great addition to a healthy weight loss diet. Fiber moves slowly through the digestive tract, keeping you feeling fuller for longer to combat cravings and increase weight loss. In addition by adding watermelon skin to your diet is an easy way to help stabilize blood sugar levels. This is due to the effects of fiber, which helps slow the absorption of sugar in the bloodstream to prevent spikes and crashes in blood sugar levels.

The characteristics of the product are, it has a sweet and sour flavour that taste similar to an ordinary pickle but it will taste a bit more fruity. The shape of this product is a long thin strip that has a brown yellow color to it.

1.2 Objective of The Study

The objective of this study is to make a new product that use an unusual and innovative ingredient that can be use to create a consumptive product to be sell.

1.3 The Benefits of Study

The benefits of this study for the students and the reader is, to motivate them so they can learn to use all kinds of ingredients to make a new food by becoming inovative to process any ingredients. The benefits For ottimmo is that the students of ottimmo can expand their knowledge and becoming more creative in making a dish.